

# Eat Smart Be Smart

Roots, Leaves, Stems,  
Seeds, Fruits and Pods



## We Eat The Roots:

beets  
carrots  
Jerusalem artichokes  
leeks  
onions, all kinds  
parsnips  
peanuts (did you know?)  
potatoes, all kinds  
radishes  
rutabagas  
scallions  
sweet potatoes  
turnips  
yams



## We Eat The Leaves:

Brussels sprouts  
beet greens  
cabbage, all kinds  
chard  
cilantro  
endive  
kale  
lettuce, all kinds  
mustard greens  
parsley  
spinach  
turnip greens  
watercress



## We Eat The Pods:

chili peppers  
green beans  
okra  
peas  
wax beans

## We Eat The Stems:

Asparagus      Broccoli  
Mushrooms      Bamboo shoots

## We Eat The Seeds:

beans  
(can you name them?)  
peas  
pumpkin seeds  
sunflower seeds

## We Eat the "Fruits":

apples  
apricots  
artichoke  
avocado  
banana  
bell peppers  
berries, all kinds  
cranberries  
cucumber  
dates  
eggplant  
figs  
grapefruit  
kiwifruit  
kumquat  
lemons  
mangos  
melon, all kinds  
orange  
papaya  
peach  
pear  
persimmons  
pineapple  
plums  
pomegranate  
pumpkin  
strawberries  
squash  
tangerines/tangelos  
tomatoes